

Eating Disorder Treatment Levels of Care

Inpatient and Residential

- 24hrs/day, 7 days/wk, 3 meals a day, length of stay (LOS) several weeks to months
- “Inpatient” programs provide higher level of medical and psychiatric monitoring with doctor following patient regularly. Residential programs not often able to manage higher medical acuity (ie feeding tube, bradycardia)
- Patient not safe/stable outside of structured environment with all meals provided/monitored
- Includes nutritional education and various modes of therapy (individual, group, family)
- Area facilities:
 - Dominion “Reflections” – Falls Church, VA
 - Sheppard Pratt – Baltimore, MD (12 and older)
 - Veritas – Durham, NC (8-17 years, all genders)
 - Princeton – Princeton, NJ (8-17 years)
 - John’s Hopkins – Baltimore, MD, small program
 - Cumberland – New Kent, VA, good for medically complex patients
 - Center for Discovery
 - Fairfax, VA (10-18 years)
 - Alexandria, VA (18+)
 - Clementine Twin Lakes- Clifton, VA (girls only, 11-17)
 - Renfrew – Philadelphia, PA (girls only)

Partial Hospitalization (PHP)

- 5-7 days a week, 12hrs/day, 3 meals a day and patient sleeps at home, average LOS 4-6wks
- Good for those that need structured environment during the day but are safe to sleep at home
- Impaired functioning in daily activities; needs daily assessment of mental and physiologic status
- Area facilities:
 - Sheppard Pratt – Baltimore, MD
 - Eating Recovery Center of Maryland in the Greater Baltimore Medical Center – Towson, MD (10+)
 - Dominion Reflections, as part of step down – Falls Church VA
 - Center for Discovery, Alexandria, VA
 - Prosperity – Herndon, VA
 - Veritas – Richmond, VA
 - Body Image Center – Washington, DC (16+)

Day Program (Subtype of PHP)

- 4-5 days a week, 6hrs/day, 2 meals a day, patient not fully integrated back into school/work
- Type of PHP with ability to start to integrate back into home life
- Area facilities:
 - Renfrew – Towson and Bethesda, MD (girls only)
 - Potomac Behavioral – Arlington, VA

Intensive Outpatient (IOP)

- 3 days a week for 3hrs at a time, often evenings to allow patient to go to school/work, 1 meal/day
- Patient needs therapy more often than in outpatient setting, but symptoms controlled enough to function in daily activities
- Area facilities:
 - Sheppard Pratt – Baltimore, MD
 - Eating Recovery Center of Maryland in the Greater Baltimore Medical Center – Towson, MD (10+)
 - Renfrew – Towson and Bethesda, MD (girls only)
 - Body Image Center – Columbia, MD (Washington, DC 16+)
 - Prosperity – Herndon, VA
 - Veritas – Richmond VA
 - Center for Discovery, Alexandria, VA

Outpatient

- 1-2x a week at the most, all meals at home/school, fully integrated back into school/work
- Area facilities:
 - Friendship Heights, DC – adolescent medicine physician, nutrition, therapy in 1 location
 - Children’s Psychiatry, CNMC – psychiatrist, nutrition and therapy in 1 location
 - Center for Discovery, Alexandria, VA
 - PMD along with community psychologist and nutritionist comfortable with eating d/o